

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

**Brain Orientation**  
**Unit 3 Self-Awareness**  
**Left/Right/Whole-Brain Assessment**

In our search for a career that is best suited for us we must have a good understanding of our capabilities. A look at brain orientation should help us to better understand what we are naturally good at and what we need to work harder on. This assessment will also help us define our personality type and learning styles.

In the following table of questions please rank your answer honestly without prejudice. You will notice that the even numbered questions are the reverse from the preceding odd numbered questions. Check the column that is most appropriate for you.

	Mostly	Sometimes	Seldom
1. I prefer to concentrate on just one thing at a time	_____	_____	_____
2. I can concentrate on several things at the same time	_____	_____	_____
3. I'm usually aware of the time of day	_____	_____	_____
4. I lose track of the time easily	_____	_____	_____
5. I can follow written or oral directions	_____	_____	_____
6. I need demonstrations to learn how to do things	_____	_____	_____
7. I try to solve problems logically	_____	_____	_____
8. I use my gut instinct to solve problems	_____	_____	_____
9. I can remember names rather easily	_____	_____	_____
10. I can remember a person's face but not their name	_____	_____	_____
11. I like to be in control without taking risks	_____	_____	_____
12. I love taking risks to feel free	_____	_____	_____
13. I like to break problems down into manageable parts	_____	_____	_____
14. I look at the big picture to see what caused the problem	_____	_____	_____
15. I look at the differences between things	_____	_____	_____
16. I compare things to find their similarities	_____	_____	_____
17. I prefer real-life paintings	_____	_____	_____
18. I prefer abstract paintings (must be interpreted)	_____	_____	_____
19. I prefer fill-in-the-blank tests	_____	_____	_____
20. I prefer essay tests to explain my answers	_____	_____	_____
21. I learn best by seeing and hearing	_____	_____	_____
22. I learn best by touching and doing	_____	_____	_____
23. I prefer to follow step-by-step instructions	_____	_____	_____
24. I prefer to figure things out without directions	_____	_____	_____
25. I can easily remember facts or details	_____	_____	_____
26. I picture things in my mind to remember them	_____	_____	_____
27. I am always in control even when I get upset	_____	_____	_____
28. I get emotional when I am upset	_____	_____	_____
29. I prefer to stick with things I know how to do	_____	_____	_____
30. I like to try new things even if I may not like it	_____	_____	_____
31. I keep my feelings hidden inside	_____	_____	_____
32. I let my feelings go so everyone will know how I feel	_____	_____	_____
33. I like to use my intelligence to figure things out	_____	_____	_____
34. I have an extra sense for figuring things out	_____	_____	_____

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Brain Orientation

### Unit 3 Self-Awareness

	Mostly	Sometimes	Seldom
35. I like to stick with things that I know are real	_____	_____	_____
36. I like to be creative and see what I can come up with	_____	_____	_____
37. I like to think things through before doing them	_____	_____	_____
38. I like to do things on the spur of the moment	_____	_____	_____
39. I prefer to plan things out so I know what will happen	_____	_____	_____
40. I like surprises so I never make plans	_____	_____	_____
41. I need to look at the music and lyrics to sing	_____	_____	_____
42. I can easily remember tunes and melodies	_____	_____	_____
43. I can remember facts, formulas and figures	_____	_____	_____
44. I can visualize geometric/geographic shapes & sizes	_____	_____	_____
45. I am good with new vocabulary words & spelling bees	_____	_____	_____
46. I am really good at mime and acting	_____	_____	_____
47. My bedroom is neat and everything has a place	_____	_____	_____
48. My room has stuff everywhere,	_____	_____	_____
49. I use street numbers and names giving directions	_____	_____	_____
50. I use landmarks when giving directions	_____	_____	_____
51. I can't remember where I saw information	_____	_____	_____
52. I can picture where the information is on the page	_____	_____	_____
53. I prefer watching movies that are realistic	_____	_____	_____
54. I prefer watching fantasies	_____	_____	_____
55. I keep money straight and in numerical sequence	_____	_____	_____
56. I stuff money down in pockets, wallets or purses	_____	_____	_____
57. I write numbered lists to remember things	_____	_____	_____
58. I highlight items with different colors to remember	_____	_____	_____
59. I prefer studying alone	_____	_____	_____
60. I prefer studying with a group	_____	_____	_____
61. I focus more on the past than the future	_____	_____	_____
62. Forget the past I focus on the future	_____	_____	_____
63. I try to eat balanced meals without indulging too much	_____	_____	_____
64. If I like something I can't stop myself	_____	_____	_____
65. I finish everything I start	_____	_____	_____
66. I start lots of things I never finish	_____	_____	_____
67. I like to ask questions	_____	_____	_____
68. I like to answer questions	_____	_____	_____
69. I like clothing that fits snugly and not real colorful	_____	_____	_____
70. I like loose fitting clothes with bright colors	_____	_____	_____
71. I like to be left alone and not fussed over	_____	_____	_____
72. I like to be fussed over	_____	_____	_____
73. I am conservative and save water and electricity	_____	_____	_____
74. I forget about the TV and lights and leave them on	_____	_____	_____

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

**Brain Orientation**  
**Unit 3 Self-Awareness**  
**Brain Dominance**

Add the odd numbered statements marked as Mostly \_\_\_\_\_  
Add the even number statements marked as Seldom \_\_\_\_\_  
Left-Brain Total \_\_\_\_\_ **(A)**

Add the even numbered statements marked as Mostly \_\_\_\_\_  
Add the odd numbered statements marked as Seldom \_\_\_\_\_  
Right-Brain Total \_\_\_\_\_ **(B)**

Total the number of statements marked as Sometimes \_\_\_\_\_  
Whole-Brain Total \_\_\_\_\_ **(C)**

If (A) is larger than (B) or (C) then you are left-brain dominant.  
If (B) is larger than (A) or (C) then you are right-brain dominant.  
If (C) is larger than (A) and (B) then you use both left & right brain hemispheres somewhat equally.

To determine the percentage of left-brain and right-brain dominance:

Add (A) plus  $\frac{1}{2}$  of (C) then divide by 74  
Your Left-Brain percentage is \_\_\_\_\_%

Add (B) plus  $\frac{1}{2}$  of (C) then divide by 74  
Your Right-Brain percentage is \_\_\_\_\_%

Brain dominance is not a rigid statistic nor are you bound by the hemisphere you are accustomed to using. Response to sensory input and external stimuli can change over time by changing your thinking patterns.

You can learn to think using the opposite hemisphere. Your ability to switch hemispheres to think and act will balance logic and creativity skills. You must stimulate the needed hemisphere to receive the needed gifts, skills and abilities to feel comfortable doing any activity. This will increase your grades in school, make you more socially acceptable, and give you more confidence in all your classes.

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Brain Orientation

### Unit 3 Self-Awareness

Right-brain dominant thinkers **need** more structure, control, clarity, focus, direction, responsibility, organization, planning, mathematical and analytical skills, listening skills, rational and logical thinking.

Left-brain dominant thinkers **need** more spontaneity, expression, nurturing, social and interpersonal activity, imagination and creativity, artistry, holistic, abstract and conceptual thinking.

Being whole-brained allows the person to draw from both hemispheres as the need arises and to understand why other people act and respond the way they do.

**Highlight** characteristics that you **need to work on** the most for a well- rounded brain orientation in order to be functional in all situations.

## Characteristics of

### Left-Brain Dominance

### Right-Brain Dominance

Sequential / Ordered patterns	Random / Without pattern or order
Technical / Systematic order of thinking	Artistic / Art, Dance, Beauty
Analytical / To break down and analyze	Synthesizing / Bring parts into the whole
Mathematical / Reasoning power	Imaginative / Creative Futuristic
Conservative / Preserving tradition	Progressive / Forward development
Planned / Plans future events	Spontaneous / Acts on spur of moment
Administrative / Takes care of detail	Holistic / Looking at the big picture
Controlled / Does not act without thinking	Emotional / Shows strong feelings
Scientific / Thinks in step by step approach	Musical / Inclined to sing or play instrument.
Solitary / Working or acting alone	Social / Interpersonal relationships
Realistic / Material existence	Spiritual / Higher devotion
Intellectual / Using higher order thinking	Intuitive / Gut feeling or instinct
Structured / Organized traditional	Unstructured / Disarray without order
Time Oriented / Structure importance	People Oriented / Social importance
Auditory Learner / Learn by listening	Kinesthetic Learner / Learns by doing
Consequential / Considers all outcomes	Risk Taker / Takes action without regard
Logical / Reasonable and as expected	Abstract / Open to expression
Focused / Pinpoint facts	Conceptual / Generalize ideas

## **Brain Orientation**

### **Unit 3 Self-Awareness**

## **Learning Styles and Aptitudes**

Learning style is the ability to learn and develop in a particular manner due to brain orientation dominance. There is a correlation between the natural ability to learn and the probability of being successful in that area of learning. Take into consideration the left-brain/right-brain dominant learning tendencies and the aptitudes that are naturally learned or developed from those domains.

There are four main learning styles: Intellectual Capacity, Verbal Perception, Auditory Perception, and Physical Dexterity. Each of these four learning styles has a left-brain and a right-brain dominant aptitude. However, intellectual capacity and auditory perception are generally left-brain dominant and visual perception and physical dexterity are generally right-brain dominant.

Please highlight your learning styles and aptitudes that are applicable to you to get a better picture of what your capabilities would be. This should give you more direction for enjoying a more successful education and career experience.

**Intellectual Capacity** – Learn best by reading or follows written instructions or directions best. The general overall ability to learn instructions, facts, and concepts quickly. Understands theories and relativity, reasoning, making sound judgments and solving problems. Enjoys learning, experimenting, and mental challenges.

**Visual Perception** – Learns best seeing and from a visual presentation. Relying on sight and visual representation to learn, produce and remember images. The ability to remember detail in the minds eye in relation to the surroundings. This learning style has a photographic memory taking visual snapshots of writing or from objects forms. This learning domain also has the ability to read facial expression and body language well. This aptitude may flourish best in technical and artistic training.

**Auditory Perception** – Learns best from hearing and following oral directions best. Relying on sounds and interpersonal relationships to learn and retain information. This learning style the ability to remember what is said through voice inflection, tone, and pitch. This aptitude could be enhanced through vocal training, practice, and music education.

**Physical Dexterity** – Learns best by touching or feeling, practicing, role playing, and from hands-on activities. Tactile and muscular learning through

## Brain Orientation

### Unit 3 Self-Awareness

feel and routine movement to perform physical feats. This aptitude does best on the practice field or studio with lots of time for practice.

## Intellectual Capacity

### Logical (Left)

Remembers name, dates & places  
 Analytical reader  
 Does things consistently  
 Experiments systematically  
 Prefers traditional knowledge  
 Uses structured thought patterns  
 Thinks sequentially & incrementally  
 Rationalizes consequences  
 Favors logical problem solving  
 Factual and statistical  
 Uses higher order thinking skills  
 Uses a step-by-step approach  
 Understands math concepts

### Instinctual (Right)

Remembers faces and landmarks  
 Synthesizing reader  
 Finds new ways to do things  
 Experiments randomly  
 Prefers creating theory  
 Uses broad-based thought process  
 Thinks randomly without pattern  
 Reacts spontaneously  
 Favors intuitive feeling  
 Imaginative and creative  
 Uses gut feeling or instinct  
 Attacks problems as a whole  
 Thinks abstractly

**Logical (Left) --** This learning style is intellectually inclined and generally has the aptitude for law, accounting, writing, filing, sorting, managing, science, medicine, math, social studies and should do well in college and professional graduate programs.

**Instinctual (Right) --** This learning style is artistically inclined would have the aptitude for creating, inventing, designing, mapping, and directing and might do well as an entrepreneur.

## Visual Perception

### Form Perception (Left)

Observes detail in writing  
 Recognizes errors in documents  
 Recreates existing images  
 Compares colors and textures  
 Notices patterns in size and shape  
 Copies movements

### Spatial Perception (Right)

Observes detail in objects  
 Focuses on the content  
 Creates abstract images  
 Contrasts colors and textures  
 Visualizes three dimensional forms  
 Visualizes new movements

**Form (Left) --** This aptitude is visually inclined and should do best at editing, auditing, grading, filing, authenticating, building, drafting, charting, and mapping.

## **Brain Orientation**

### **Unit 3 Self-Awareness**

**Spatial (Right)** – This aptitude is artistically inclined and should do well in architecture, choreography, painting, drawing, sculpting, and designing.

## **Auditory Perception**

### **Verbal Perception (Left)**

Remembers oral instructions  
Speaks or writes skillfully  
Relates stories or jokes  
Focuses on speech  
Mimicks sounds  
Listens well to the message  
Uses language as a tool  
Maintains language mechanics

### **Tonal Perception (Right)**

Remembers melodies and tunes  
Sings skillfully  
Puts facts to a tune  
Focuses on speaker  
Creates sounds  
Listens to the emotion  
Communicates from the heart  
Incorporates rhythm in language

**Verbal (Left)** – This aptitude is generally intellectually inclined and could do well as a teacher, speaker, story teller, writer or linguist.

**Tonal (Right)** – This aptitude is generally musically inclined and has the potential to be a singer, musician, actor, poet, composer, and/or lyricist.

## **Physical Dexterity**

### **Manual Dexterity (Left)**

Uses fingers quickly and accurately  
Manipulates small objects  
Learns by repetition and practice  
Eye-hand coordination  
Learns patterned methods  
Uses systematic functions  
Enjoys hands-on activities

### **Motor Coordination (Right)**

Uses large muscles together  
Reacts to outside stimulus  
Learns by repetition and practice  
Eye-hand-foot coordination  
Creates unstructured routines  
Uses rhythm to perform  
Enjoys physical activities

**Manual (Left)** -- This aptitude is tactile and has the qualities to be successful at crafting, building, repairing, playing instruments, assembling parts, or proficient in sign language.

**Motor (Right)** -- This aptitude is physically inclined and coordinated and could play sports, perform, dance, operate large machines or heavy equipment.

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

**Brain Orientation**  
**Unit 3 Self-Awareness**